



THE PERFECT
5-MINUTE
POSTURE ROUTINE

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INTRODUCTION

Welcome to your 5-Minute Posture Routine! This routine is designed to help open up your tight muscles and strengthen your weakened muscles. You should notice improvements in your posture in as little as a few weeks.

We recommend that you do this routine at least twice a day. It can be done in the morning and/or at night, but also throughout the day to help break up your periods of sitting.

While this routine will definitely help, to improve your posture for good and just feel better day-to-day, it's important you move more in general. Take breaks from sitting, go for walks, and consider joining one of our [Built With Science training programs](#) to get you in the gym.

Enjoy!

Jeremy & The BWS Team



5-MINUTE

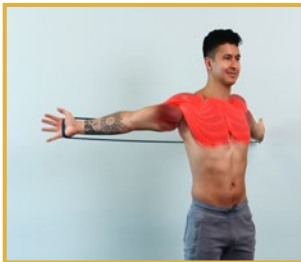
**POSTURE
ROUTINE**

EXERCISES

EXERCISE	DURATION	REPS
<u>Over-and-Backs</u>	1 minute	Do as many slow & controlled reps as possible within the time allotted
<u>Quadruped Back Rotations</u>	30 seconds each side	
<u>Prone Arm Circles</u>	1 minute	
<u>Couch Stretch</u>	30 seconds each side	
<u>Glute Bridge</u>	1 minute	

OVER-AND-BACKS

I highly recommend using a band for this exercise. [Here's a link](#) to the one I'm using, which has the perfect amount of resistance for this stretch.



This exercise will help open up your tight chest and shoulder muscles.

STEP 1:

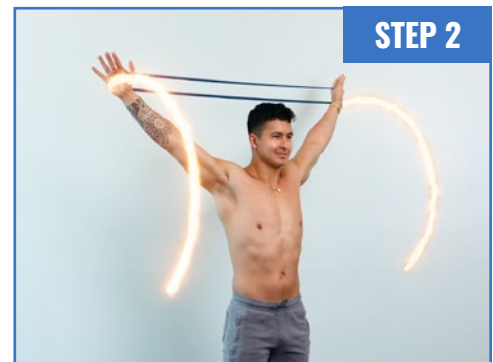
Start with your hands inside the band with your palms facing away from the sides of your thighs. If you're using a towel or broomstick, grab it with a very wide overhand grip in front of your thighs.

STEP 2

With straight arms, move your arms in a circle up and behind your body. Let your traps shrug up on the way up, and then pull them down when the band goes behind your body. The benefit of using the band is you can widen it by pulling it apart during the spots where you're tightest. Avoid arching your lower back.

STEP 3

Deepen the stretch by looping the band around your palms to shorten it, or take a narrower grip if you're using a stick or towel.



QUADRUPED BACK ROTATIONS



This exercise will help open up your stiff mid and upper back.

STEP 1

Start on all fours with your hands under your shoulders and knees under your hips. To make the stretch more effective, place a foam roller or ball or folded up pillow between your legs and squeeze it together.

STEP 2

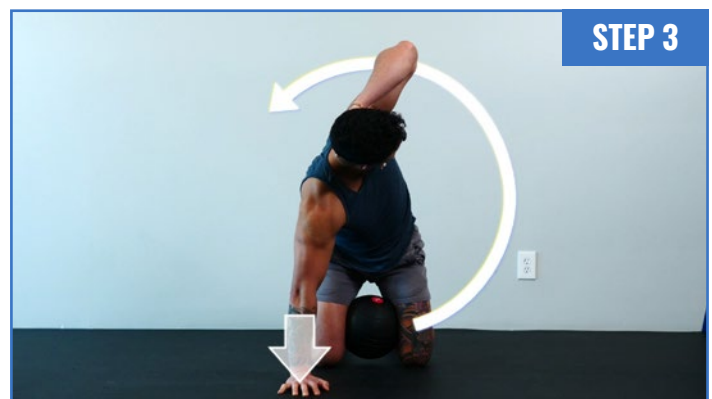
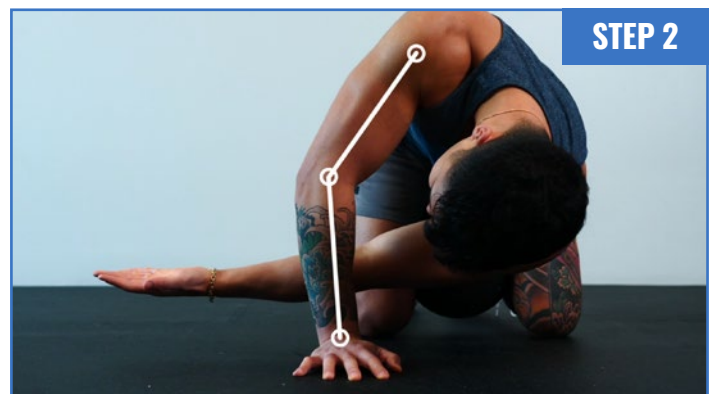
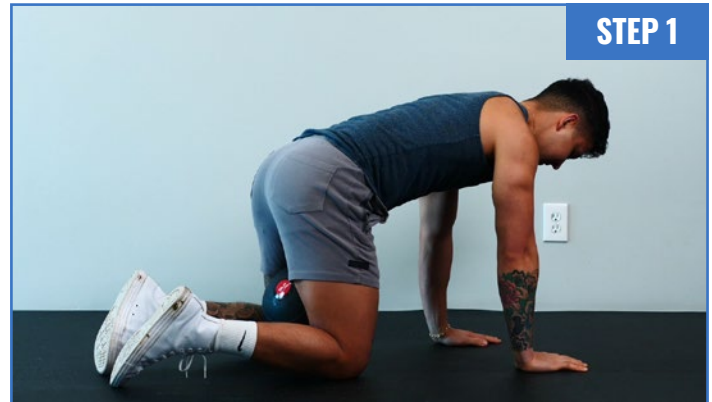
Reach your left arm under and across your body as far as you can. You can allow your right arm to bend slightly as you do this.

STEP 3

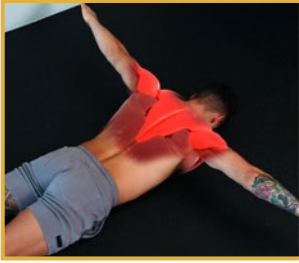
After the reach, bring your left hand back behind your neck, push the floor away with your right hand, and follow your elbow with your eyes as you reach it up towards the ceiling only as far as you can. Hold the top briefly, then come back down and try to reach a bit further than last time.

NOTE

Once you do both sides, you may notice one feels a lot tighter than the other. That's perfectly normal. Just do this consistently and it'll help correct that imbalance overtime.



PRONE ARM CIRCLES



This exercise will strengthen your weakened back and shoulder muscles to help pull you upright.

STEP 1

Lay on your stomach with your forehead on the floor and hands behind your head. Pull your elbows back, imagine squeezing your shoulder blades together.

STEP 2

Extend your arms straight out to make a capital Y shape with your palms facing the floor. Keep your arms straight and held as high as you can above the floor, and begin to slowly move them in a big circle around your body.

STEP 3

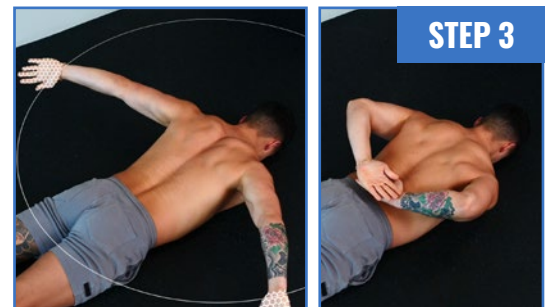
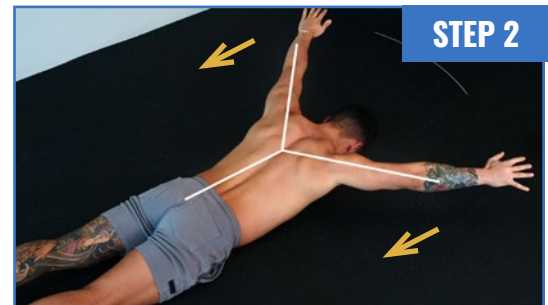
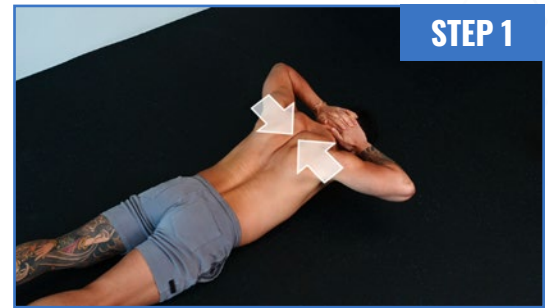
As your arms come below a “T” shape, start to internally rotate your arms so your palms face the ceiling. Once your hands are close to your legs, bend your elbows and place the back of your hands on your low back, laying one hand on top of the other.

STEP 4

Reverse the circle by extending your arms and slowly move them back into the Y shape, and then to the starting position with your hands on the back of your head.

ALTERNATIVE

For an easier alternative, keep your arms in the T shape with your thumbs facing up, and use your mid-back muscles to raise your arms as high as possible. Hold that top position for a few seconds while squeezing your shoulder-blades together, and do about 5-10 reps of this until you build the strength to do the full exercise.

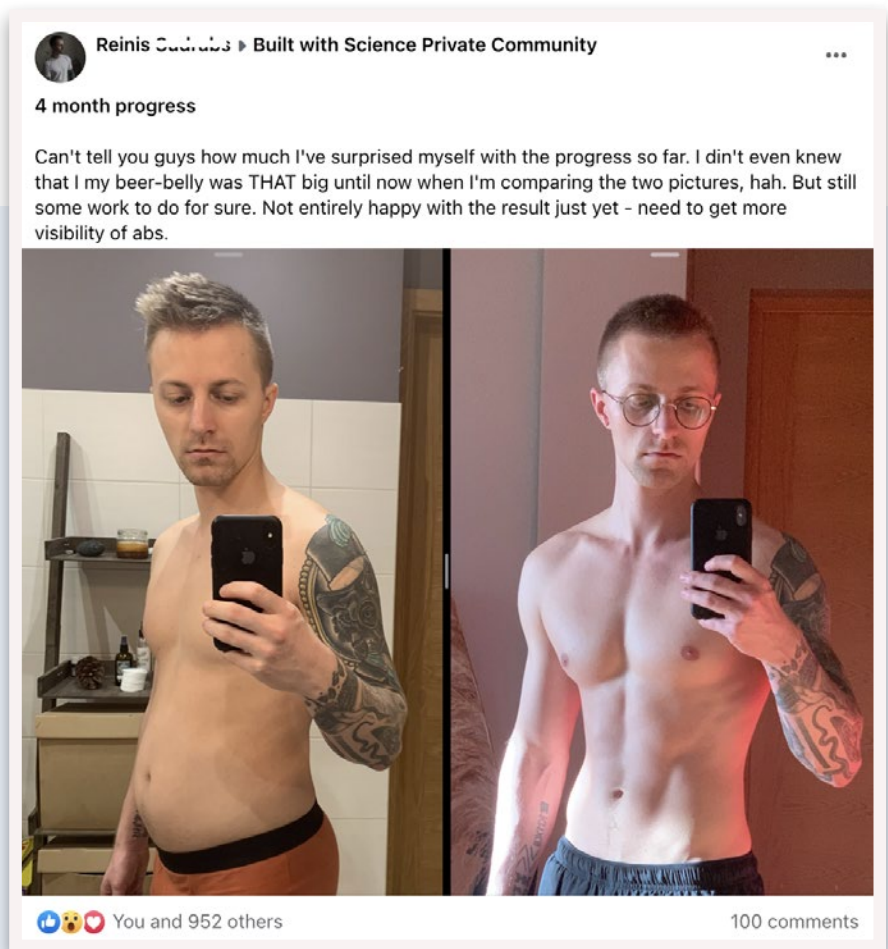


IMPROVE YOUR POSTURE & TRANSFORM YOUR BODY

This routine is a great start to improving your health. But to take that one step further, consider joining one of our Built With Science programs. We'll guide you through exactly how to workout week after week to transform your body while improving your posture, mobility, and overall health.

It's worked for thousands of others and it will work for you.

You can find the best program for you and your body by taking the quiz below:



COUCH STRETCH



This exercise will help loosen up your tight hip flexors and quads.

STEP 1

Start on all fours and set your right knee close to a wall or an elevated piece of furniture like a bench, couch, or chair. The closer your knee is to the wall or bench, the more stretch you'll create in your quads.

STEP 2

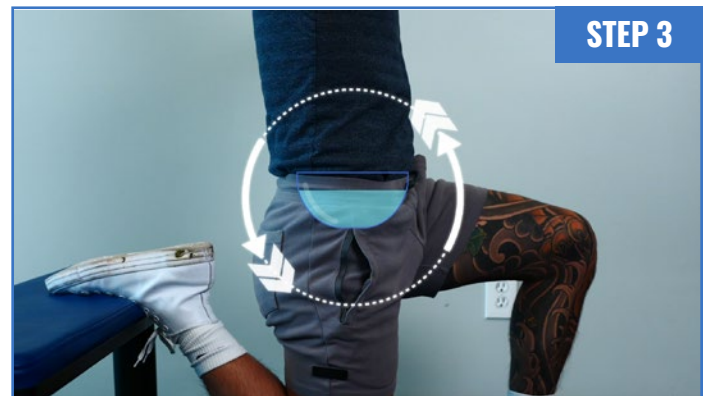
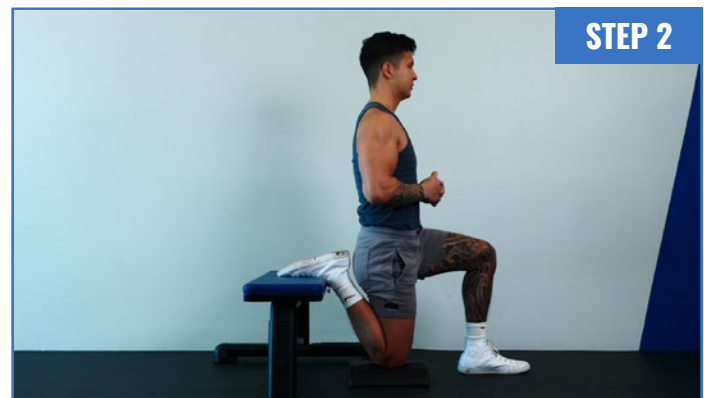
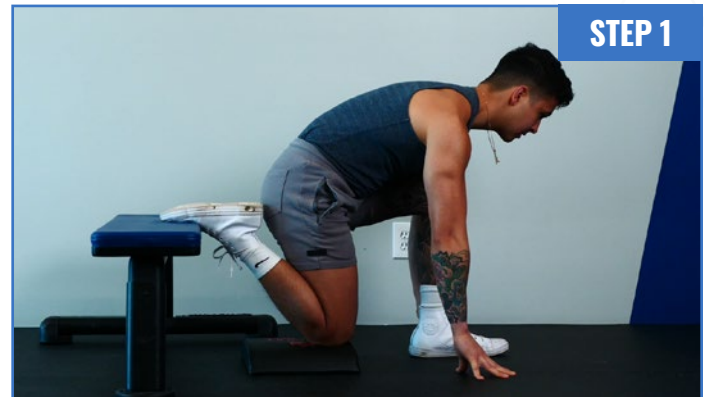
Once you've set your foot, straighten your hips in front of you and step your left foot forward so your shin is vertical. Then, use your hands to help you get into the half kneeling position.

STEP 3

Brace your core and level your hips as if it was a bowl of water and you were preventing the water from spilling forward. At this point you should already feel a deep stretch in the quads and hip flexor of the back leg.

STEP 4

The intensity of the stretch should ideally feel like a 4 or 5 out of 10. To lessen the stretch, lean forward. Whereas to deepen it, push your butt towards your back foot.



GLUTE BRIDGE



This exercise will be used to strengthen your glutes.

STEP 1

Lay on your back with your knees bent and feet flat on the floor. Engage your core to flatten your lower back against the floor.

STEP 2

Squeeze your butt muscles hard, and then lift your hips up while keeping your glutes contracted.

STEP 3

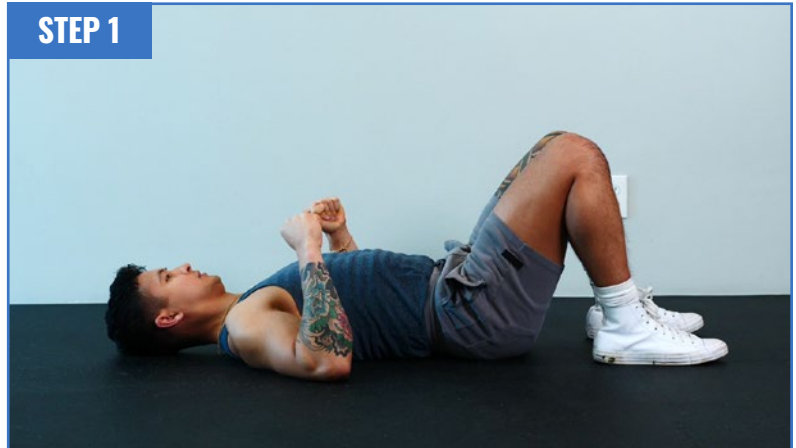
At the top, avoid arching your back. Instead, keep your core engaged and tilt your hips back by squeezing your glutes hard as if you had a 100 dollar bill between them and you were trying to prevent it from falling out. Hold this for 5 seconds before coming down for another rep.

PROGRESSION

To make this move more difficult overtime and to help correct any strength imbalances you may have in your glutes, you can progress to working one leg at a time.

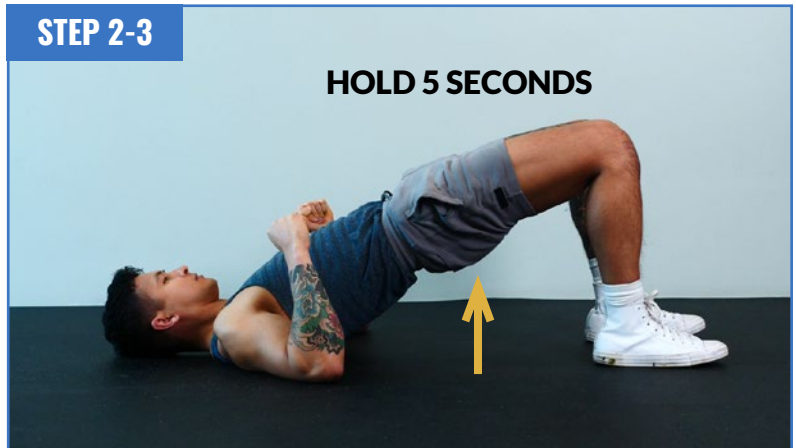
TIP: If you feel this more in your quads rather than your glutes, try walking your feet out further away from you. Whereas if you feel this more in your hamstrings, move your feet closer in.

STEP 1

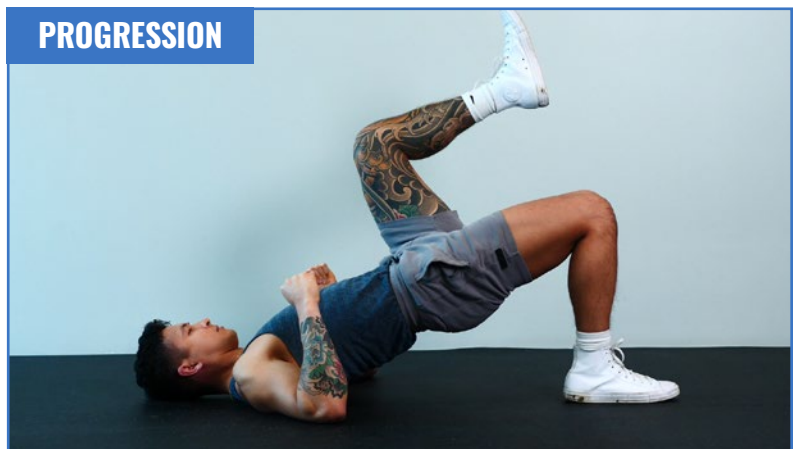


STEP 2-3

HOLD 5 SECONDS



PROGRESSION



ADDITIONAL COMMENTS

I HOPE THIS PDF IS USEFUL FOR YOU!

I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



WEBSITE



INSTAGRAM



YOUTUBE



TIKTOK



FACEBOOK

ENJOY!

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Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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